



Village of Cumberland
WELCOME

Hours of Operation

January 6 - March 30:

Monday to Friday: 7am - 9pm

Saturday & Sunday: 9am - 4:30pm

Facilities Closed:

February 17 - Family Day

Registration Information

Fall programs:

Registration begins Monday,

November 18 @ 7:00 am.

Online: cumberland.ca/recprograms

By Phone: 250-336-2231

Financial Assistance

Qualifying families can receive financial assistance for registered programs and drop-in admissions through the Village's FAIR program and the regional LEAP program.

For full details visit:

<https://cumberland.ca/rec-financial-assistance/>

or email recreation@cumberland.ca.

	ADMISSIONS	MEMBERSHIPS		CLIMBING WALL
	Includes: fitness studio, drop-in programs & squash courts	Includes: climbing wall & gear, fitness studio, squash courts, & drop-in programs		Admission
	Single	1 Month	Annual	
Early Years <i>Ages 0-4</i>	\$1.15	\$11.50	\$69.00	\$2.30
Child/Youth <i>Ages 5-18</i>	\$2.30	\$23.00	\$138.00	\$4.60
Adult <i>Ages 19-59</i>	\$4.60	\$46.00	\$276.00	\$6.85
Senior <i>Ages 60+</i>	\$3.45	\$34.50	\$207.00	\$5.70

*Children 12 and under are not permitted in the fitness studio;
teens 13-15 must be accompanied by an adult.*

Birthday Parties

Nerf blasters, wall climbing, bounce castles and more!

Book online at cumberland.ca/recprograms or call 250-336-2231 for more information.

Bookings open 90 days in advance

Gymnasium Parties Available Fridays 3:00-5:00 pm.....**\$95.00**

Add a bounce castle for an additional fee.

Climbing Parties Available Saturdays 9:30-11:30 am.....**\$205.00**

Includes all climbing gear and two belayers.

Legend:



Childminding is offered during this program



New program



follow us 

REGISTRATION STARTS MONDAY NOVEMBER 18 | **See page 65**





Drop-In Programs

Regular admission rates apply.

Drop-in programs are free with a Cumberland Recreation

Membership. See page 65 for details.

PARENT & TOT GYM

0-4 years • Gymnasium
Meet new friends and play on climbers, ride-on toys & more! Self-supervised; by donation. Suggested donation is \$2.

Tuesdays
10:30 am - 12:00 pm
Jan 7 - Mar 11

OPEN GYM

Gymnasium
Our gymnasium is open for self-supervised basketball, floor hockey, soccer, badminton, free play and more.

Wednesdays Jan 8 - Mar 12
Youth (9 - 18 yrs) 2:45 - 5:00pm
Thursdays Jan 9 - Mar 13
All ages 8:00 - 9:00 pm
Saturdays Jan 11 - Mar 15
Family (3 - 12 yrs) 12:00 - 3:00 pm
Youth (9 - 18 yrs) 3:30 - 4:30pm
Sundays Jan 12 - Mar 16
Youth (9 - 18) 2:30 - 4:15 pm

TEEN BASKETBALL

13-17 • Gymnasium
These fun-forward drop-in games are open to teens of all genders and abilities.

Tuesdays Jan 7 - Mar 11
7:00 - 8:30 pm

ADULT BASKETBALL

18+ • Gymnasium
These fun-forward drop-in games are open to all genders and abilities. **Pre-registration is highly recommended.** Please note that LEAP passes cannot be used for adult basketball, but FAIR credits can. (See p.65 for details.)

Mondays 6:00 - 8:45 pm
#FR9251 Jan 6 - Mar 24
No Basketball Feb 17.

TABLE TENNIS

Moncrief Hall
Play with members of the Cumberland Table Tennis Club or practice your skills with our table tennis robot.

Facilitator: Adam Kuzma
Wednesdays Jan 8 - Mar 26
All Ages 2:00 - 5:00 pm
Fridays Jan 10 - Mar 28
Youth 4:00 - 5:30 pm
All Ages 5:30 - 9:00 pm
Sundays Jan 12 - Mar 30
All Ages 1:30 - 4:30 pm

SQUASH

Squash Courts
Our courts are open during regular facility hours; call 250-336-2231 to reserve a spot. Balls and rental racquets available if needed.

PICKLEBALL

All ages • Gymnasium
Drop in for a fun, fast and social game of pickleball. *Note Sunday timeslot is 1/2 Gymnasium.*

Mondays Jan 6 - Mar 10
Advanced 8:00 - 10:00 am
Tuesdays Jan 7 - Mar 11
Intermediate 1:00 - 3:00 pm
Wednesdays Jan 8 - Mar 12
Advanced 8:00 - 10:30 am
Intermediate 10:30 - 12:30 pm
All Levels 12:30 - 2:30 pm
Fridays Jan 10 - Mar 14
Advanced 8:00 - 10:30 am
Intermediate 10:30 - 12:30 pm
All Levels 12:30 - 2:30 pm
Sundays Jan 12 - Mar 16
All levels 1:00 - 2:30 pm
No pickleball Feb 17, 14.

BADMINTON

All ages • Gymnasium
Gymnasium is open for self-supervised badminton. *Note Sunday timeslot is 1/2 Gymnasium.*

Tuesdays Jan 7 - Mar 11
3:30 - 5:00 pm
Thursdays Jan 9 - Mar 13
4:30 - 5:30 pm
Sundays Jan 12 - Mar 16
1:00 - 2:30 pm

ROLLER SKATING

All ages • Gymnasium
Come kick it with us old school! Roller skates and protective gear are not provided and helmets are strongly recommended. Children under 13 must be accompanied by an adult.

Facilitator: Brick House Betties
Fridays Jan 10 - Mar 14
7:15 - 8:45 pm

YOUTH FLOOR HOCKEY

5-16 • Gymnasium
Canada's most iconic sport, sans ice. Drop-in for a fun game of floor hockey.

Facilitator: Frank Sigurdson
Thursdays Jan 9 - Mar 13
6:00 - 8:00 pm

Early Years

FAMILY GYMNASTICS

1-4 years with parent • Gymnasium
Fun-filled playtime for parent & tot on our beams, ropes and rings. Once series registration closes, individual class registration may be available for \$13 each if space allows.

Instructors: Rikki Warwaruk & Breah Dunn

#9264 Mondays
11:00 am - 12:00 pm
Jan 6 - Mar 10
\$126/9

No class Feb 17.

FANTASTIC GYMNASTICS

3-5 years • Gymnasium

A week by week progressive skill building class focusing on fundamental gymnastic skills such as safe landings, rolls, balance, hangs, mobility, floor work and more. This program is geared towards children not yet in Kindergarten.

Instructors: Rikki Warwaruk & Tom Bailey

#9266 Thursdays
1:00 - 2:00 pm
Jan 9 - Mar 13
\$150/10

LITTLE NINJAS MIDDAY

3-5 years • Gymnasium

A fun movement class using gymnastics equipment, games, and natural surroundings to practice balance, strength, and agility. Kids are introduced to group learning and movement confidence, supporting their growth and playful exchanges. This program is geared towards children not yet in Kindergarten.

Instructor: Rikki Warwaruk & Breah Dunn

#9265 Mondays
1:00 - 2:00 pm
Jan 6 - Mar 10
\$108/9

No class Feb 17.

School Age

LITTLE NINJAS AFTERSCHOOL

5-7 years • Gymnasium

An afterschool version of our popular Little Ninjas program. Jump higher, play stronger, and showcase your confidence in this dynamic, action-packed, and super-fun class!

Includes 2:45 pm pick-up from CCS.

Instructor: Rikki Warwaruk & Breah Dunn

#9268 Mondays
3:00 - 4:00 pm
Jan 6 - Mar 10
\$135/9

No class Feb 17.

YOUNG COOKS

9-13 years • Recreation Centre Kitchen

Presented by LUSH Valley

Cooking skills are life skills, and this class will set your child on a path for greatness in the kitchen! Your future master chef will learn basic cooking and baking skills in this fun-forward cooking class. All ingredients provided.

To inquire about financial assistance, please email admin@lushvalley.org.

Instructor: Rayne Briosi-Ingborg
Tuesdays
3:30 - 6:00 pm

#9261 Jan 21 - Feb 11 \$75/4
#9262 Feb 18 - Mar 11 \$75/4

GIRLS GET OUTSIDE

5-12 years • No. 6 Mine Park & forest
Girls Get Outside is specifically targeted toward female-identifying participants. Build confidence, empowerment and a spirit of adventure!

Includes 2:45 pm pick up at CCS.

Instructor: Renée Baron

Ages 5 - 7 yrs

#9325 Wednesdays
3:00 - 5:00 pm
Jan 8 - Mar 5
\$135/9

Ages 7 - 12 yrs

#9324 Tuesdays
3:00 - 5:00 pm
Jan 7 - Mar 4
\$135/9



TAEKWONDO

4+ • Buchanan Hall

Learn Taekwondo skills such as kicking, punching, blocking, self-defense, poomse and Olympic sparring in a respectful environment.

Instructor: Paul Sitko, 5th Dan Master

Little Dragon 4 - 8 yrs

#9254 Mondays & Wednesdays
6:30 - 7:00 pm
Jan 6 - Mar 12
\$171/19

No class Feb 17.

Red Dragon ages 9+

#9255 Mondays & Wednesdays
7:00 - 8:30 pm
Jan 6 - Mar 12
\$190/19

No class Feb 17.



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Indoor Climbing

All climbing programs and drop-ins are supervised by qualified top-rope climbing instructors. Registered climbing programs include all gear.

HOMESCHOOL CLIMB & MOVE



6-12 yrs • *Gymnasium*
 Join us for a fun and engaging class designed to help your child discover how to harmonize their mind and body, building focus and confidence along the way. Through playful activities on the rock wall, ropes, rings, and bars, your child will develop resilience and strength while navigating emotions like excitement and fear. This dynamic environment enhances mobility, strength, and flexibility, fostering both physical and emotional growth.
Instructors: Tom Bailey & Rikki Warwaruk
#9313 Thursdays
 11:00 - 12:00 pm
 Jan 9 - Mar 13
 \$140/10

CLIMB & MOVE

5-7 yrs • *Gymnasium*
 A fun program for junior climbers, plus time on the rings, rope and bars to develop the strength and balance required to be a successful climber.
Includes 2:45 pm pick-up from CCS
Instructors: Tom Bailey & Rikki Warwaruk
#9267 Thursdays
 3:00 - 4:00 pm
 Jan 9 - Mar 13
 \$170/10

Open Climbing

Jan 10 - Mar 29
 Gymnasium Climbing Wall

Staff available to belay if needed

Fridays 5:15 - 7:00 pm
 Saturdays 12:00 - 3:00 pm

Early Years Drop-in: \$2.30
 Child/Youth Drop-in: \$4.60
 Adult Drop In: \$6.85
 Senior Drop In: \$5.70
 Members: FREE

Gear rental: \$2.30 (free for members)

Spring Break Camps

SPRING ADVENTURE CAMP

5-11 yrs • *Buchanan Hall*
 These camps showcase the best of our Village in the Forest. Your child will enjoy a diverse range of activities designed to challenge and inspire, including active games, scavenger hunts, crafts and more!

9:00 - 4:00 pm
#9322 Mar 17 - 21 \$195
#9323 Mar 24 - 28 \$195

YOUNG COOKS CAMP

9-13 yrs • *Recreation Centre Kitchen*
Presented by LUSH Valley
 Your future Master Chef will learn culinary and food safety skills in this fun and engaging camp led by Facilitator Rayne Briosi-Ingborg. From knife skills to dishwashing, dinners to desserts, new knowledge brings empowerment and self-confidence. Students will eat what they prepare, so bring an appetite and a container for leftovers! Need financial assistance? A limited number of bursaries are available upon request. Please contact LUSH Valley at admin@lushvalley.org or 250.331.0152 to apply.

9:30 - 12:30 pm
#9281 Mar 17 - 21 \$175

Register ONLINE at
cumberland.ca/recprograms



Roller Skating

ROLLER SKATING 101 - INTRO TO ROLLER SKATING

16+ yrs • Gymnasium

Presented by Brick House Betties

Learn to be safe and have fun on 8 wheels, including balance, stride, falls, and stops. May include some roller dance if participants are interested.

Instructors: Brick House Betties

#9282 Sundays
9:15 - 10:45 am
Jan 12 - Mar 16
\$90/10

ROLLER SKATING 101-DERBY EDITION

16+ yrs • Gymnasium

Presented by North Island Roller Derby

This beginner level rollerskating class teaches skills such as safe falls, stops, crossovers, transitions, and backwards skating using a roller derby fitness curriculum. Have fun and get sweaty while building the strength and stability to progress to derby or other skating pursuits! Email northislandrollerderby@gmail.com to discuss borrowing equipment.

Instructors: North Island Roller Derby

#9253 Sundays
11:00 - 12:30 pm
Jan 12 - Mar 16
\$90/10

Special Interest

SHE'S WILD

18+ yrs • No. 6

Mine Park & forest

A women's group for active adventurous sisters who are looking to deepen their connection with self, others, and the natural world, facilitated by Renee Baron, an experienced outdoor educator and meditation teacher. The goal is to spend quality time with one another focusing on our communal love for wild places, adventure and skill development. Renée seeks to empower women outdoors so that they can increase their confidence to move through wild spaces. Meditation, hiking in the Cumberland Forest area, and community circle will give shape to each monthly meeting.

Instructor: Renée Baron

Saturdays
9:00 - 1:00 pm
#9326 Jan 4 \$35
#9327 Feb 1 \$35
#9328 Mar 1 \$35

**Want to play disc golf?
Rent discs for just \$2.30
at Cumberland
Recreation Center
reception desk!**

PUPPY POTENTIAL

Buchanan Hall

For dogs 12 weeks to 6 months

Dogs require proof of vaccination

Presented by Strathcona Dogs

Get your puppy off to the best start possible. Topics will include: motivation and communication. Proper socialization and body handling. The basics of sit, down and stay. Building your recall and off leash skills. Trouble shooting crate, chew and housetraining.

Instructor: Strathcona Dogs

Fridays
5:30 - 6:30 pm
#9315 Jan 10 - Feb 7 \$200/5
#9316 Feb 28 - Mar 28 \$200/5

EVERYDAY OBEDIENCE

Buchanan Hall

For dogs of 6 months and older

Not suitable for reactive dogs

Dogs require proof of vaccination

Presented by Strathcona Dogs

Teach your dog the skills they need to be your happy, confident and well behaved companion at home, on the trails and in life. Topics will include: motivation and communication. Sit, down and stay for the real world. Recall from everyday distractions, 'Leave It' and loose leash walking.

Instructor: Strathcona Dogs

Fridays
6:45 - 7:45 pm
#9317 Jan 10 - Feb 7 \$200/5
#9318 Feb 28 - Mar 28 \$200/5



Photo: Bill McLane of Workhorse Trail Design



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ADULT SOCIAL CLUB

January 7 - March 28

50+ • Buchanan Hall

Enjoy the company of friends and neighbours along with a complimentary tea or coffee, plus activities like Mahjong, cards, book club, and wellness activities.

For details on what's upcoming, visit cumberland.ca/social-club.

Facilitator: Sharon Aul

Tuesdays 10:00 am - 12:30 pm

Fridays 10:00 am - 2:00 pm

Adults: \$4.60

Seniors: \$3.45

Members: Free



50+ Fitness

The following classes are just \$5 per class or free with membership (see p. 65 for details).

Please pre-register for all classes. Call or check online for drop-in availability.

TRX FOR SENIORS

50+ • Moncrief Hall

This class focuses on strengthening everyday movements to improve everyday function. Benefits of the TRX suspension trainer includes stability and scalability, allowing you to tailor each exercise to your own personal fitness and/or comfort level.

*Please note, waitlists are no longer available for this class.

Instructor: Ally Greer

Mondays

11:00 - 11:45 am

FR#9275 Jan 6 - Mar 31

No class Feb 17.

Wednesdays

11:00 - 11:45 am

FR#9276 Jan 8 - Mar 26

Thursdays

11:00 - 11:45 am

FR#9277 Jan 9 - Mar 13

No class Mar 20, 27

FOREVER FIT

50+ • Moncrief Hall

A balanced workout that combines functional training, balance, and strength work. This class can be tailored to your level and ability, from a moderate workout with modifications as needed, to a variety of more challenging exercises for fit older adults looking to stay active and have fun.

Instructor: Sharon Aul

Mon, Wed & Fri

8:30 - 9:30 am

FR#9309 Jan 6 - Mar 26

No class Feb 17, Mar 21, 28.

STRETCH & STRENGTH

50 + • Moncrief Hall

Build your strength, endurance and increase balance through resistance training before finishing off with a long set of stretching to encourage flexibility and recovery.

Instructor: Laurie Baird

Tuesdays & Thursdays

FR#9258 6:30 - 7:30 pm

Feb 4 - Mar 13

LINE DANCE FUSION

50+ • Buchanan Hall

Instructor: Nimisha Jimenez

Line Dance Easy - for new beginners

If you've always wanted to learn line dance, this 7-week beginner program will emphasize repetition and proper technique along with the joy of movement. Rumba, swing, country, waltz...we got them all!

Wednesdays

10:00 - 11:15 am

FR#9278 Jan 15 - Mar 12

No class Feb 12, 19.

Register ONLINE at cumberland.ca/recprograms



Adult Fitness

TRX STRENGTH & CARDIO

16+ • Gymnasium

Get ready to increase your power, strength and endurance with this dynamic total-body TRX class. Ally combines suspension strength training, cardio-intensive intervals and serious core challenges for a mix of gravity resistance and power building that may just be the ultimate workout!

Instructor: Ally Greer

Tuesdays
5:15 - 6:15 pm

FR#9274 Jan 7 - Mar 25 \$108/12

LUNCH EXPRESS HIT

16+ Moncrief Hall

Beat the afternoon doldrums by kicking up the cardio and pumping a little iron in this bite-sized, high-intensity class. In just 40 minutes, you'll be ready to face the rest of your day feeling alert, refreshed and stronger than ever!

Instructor: Ally Greer

Wednesdays
12:10 - 12:50 pm

FR#9263 Jan 8 - Mar 26 \$84/12

STRENGTH & ENDURANCE

16+ • Moncrief Hall

Join Ally for a solid workout designed to build cardio, endurance & strength. This is an intermediate-level workout that can be scaled up or down to meet your fitness needs.

Instructor: Ally Greer

Mondays
5:30 - 6:30 pm

FR#9269 Jan 6 - Mar 24 \$99/11

No class Feb 17.

Wednesdays
5:30 - 6:30 pm

FR#9270 Jan 8 - Mar 26 \$108/12

STRENGTH & ENDURANCE



16+ • Gymnasium

Ally's same Strength & Endurance class that you love (see above), plus toys and supervision for your preschoolers. Tots play in one half of the gym while you work out in the other.

\$2/child is payable at reception.

Instructor: Ally Greer

Tuesdays
9:15 - 10:15 am

FR#9271 Jan 7 - Mar 11 \$90/10

Thursdays
9:15 - 10:15 am

FR#9272 Jan 9 - Mar 13 \$90/10

Youth Fitness

YOUTH STRENGTH & ENDURANCE

(Formerly This Girl Can)

13-18 yrs • Moncrief Hall

A class specifically designed for young women and female-identifying participants. Increase your strength, endurance and overall fitness while creating healthy habits and instilling a life-long love of exercise.

Instructor: Ally Greer

Mondays
4:30 - 5:30 pm

FR#9260 Jan 6 - Mar 10 \$63/9

No class Feb 17.

YOUTH SPIN & STRENGTH

13-18 yrs • Moncrief Hall

Join our exciting class combining high-energy spin sessions with dynamic weight training to boost fitness, build strength, and inspire confidence in young athletes. Get ready to feel the burn and have fun!

Instructor: Justin Wolfe

Thursdays
5:00 - 6:00 pm

FR#9307 Jan 9 - Mar 13 \$80/10

See "FR" in front of the program code?

Our flex reg (FR) fitness programs allow you sign up for the entire series or just pick a few!



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Spin

LUNCH EXPRESS SPINCROSS

16+ • Moncrief Hall
A challenging spin combined with core-building floor exercises delivered in a highly motivating, fun-forward group environment. Great for all-around fitness!

Instructor: Ally Greer
Thursdays
12:10 - 12:50 pm

#FR9273 Jan 9 - Mar 13 \$70/10

SPINCROSS

16+ • Moncrief Hall
Intense spins combined with floor exercises that will improve your strength, boost your fitness and deliver a fun, challenging workout every time. Find out why Paul's classes have been a local favourite for more than a decade!

Instructor: Paul Purin
Tuesdays
5:15 - 6:15 pm

FR#9256 Jan 7 - Mar 25 \$108/12

Yoga

CHAIR YOGA

14+ • Buchanan Hall
A gentle class great for people with limited mobility or those recovering from injury.

Teacher: Christina Roersma
Mondays
10:45 - 11:45 am

FR#9319 Jan 6 - Mar 10 \$81/9

No class Feb 17.

YOGA FOR GUYS

14+ • Buchanan Hall
An all-levels class for guys that uses a combination of mental focus, conscious breathing and slow, mindful movement through a variety of postures and exercises to improve flexibility, balance and strength.

Teacher: Jeff Hubbick
Tuesdays
7:30 - 8:30 pm

FR#9314 Jan 7 - Mar 11 \$90/10

WEEKEND WARRIOR YOGA

14+ • Buchanan Hall
A slow practice focusing on stretching, mobility and functional movement. Prevent injuries, promote flexibility and achieve the most from your body!

Teacher: Christina Roersma
Saturdays
9:30 - 10:30 am

FR#9321 Jan 11 - Mar 15 \$90/10

NOON HATHA YOGA

14+ • Buchanan Hall
A balanced practice of breath, body and mind to strengthen and stabilize the body while replenishing the soul.

Teacher: Christina Roersma
Mondays
12:05 - 12:55 pm

FR#9320 Jan 6 - Mar 10 \$81/9

No class Feb 17.